

# MEET THE TEAM



## SEB

### GYM INSTRUCTOR

Seb has a Cert 3/4 in Fitness and his personal goal this year is to help 50 people reach their health and fitness goals.

Apart from body recomposition, Seb also loves helping athletes build their speed, power and agility through weight training exercises and movements.

Outside the gym, Seb is an apprentice chippie.



## GURRI WANYARRA WELLBEING CENTRE

[www.gurriwanyarrawc.com.au](http://www.gurriwanyarrawc.com.au)